

FLYER

Salisbury University's student voice

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SEPTEMBER 10, 2013

FREE

'Sophmore Year Experience' aims to boost student satisfaction

BY MITCHELL NORTHAM
Staff Writer

"Give or take a few credit hours, it's the second quarter of your college career. What's your game plan?"

This past February, the "Sophomore Year Experience" task force was created to establish a program to get sophomores here at Salisbury University more involved with campus lifestyle and to help them achieve goals of higher learning.

This all started when Lawanda Dockins- Mills and Maarten Pereboom, co-chairs of the program, and others looked over statistics from years past.

Dockins-Mills explains, "We collected some data on our students at Salisbury and compared the data with our students in their second year that lived on campus versus those that lived off campus in their second year," said Dockins-Mills.

"The students that lived on campus in their sophomore year had higher GPAs, completed more credits and were just overall more successful academically."

From there the task force set out to learn why students living on campus were more successful than those living off campus. They looked at national data and found the same trend and statistics which said students living on campus through their second year have higher satisfaction rates, graduation rates, and higher numbers of retaining those students.

These statistics combined with Salisbury University's own research and data led to the SYE being formed along with the new sophomore residency requirement.

"This is the first year, but our incoming class of 2017 will be required to live on-campus for their freshman and sophomore year," said Dockins-Mills.

Dockins-Mills assured that as of now there is plenty of on-campus housing for both freshmen and sophomores.

In addition to the on-campus housing requirement the SYE is set to create more programs to help achieve their goals of retaining students and helping said students to be more satisfied with their college experience as sophomores.

"We have a very strong first year program, but we weren't doing nearly as much for our sophomore students because we were so focused on getting our first year students acclimated," said Dockins-Mills.

Dockins-Mills explained, "Our retention rate for our first year students is very-very high (83.7 percent in 2011) and our retention rate for our second year students comparatively is high to other intuitions, but we would like it to be even higher."

In an effort to improve those numbers and make campus life more enjoyable and more successful for sophomores, the SYE started with the basics and created a website.

"We knew that would be an extremely important piece so students could have access to the resources and different things that happen, or would be happening for sophomores," said Dr. Dockins-Mills.

The second step was to send a message to the sophomores letting them know that the Sophomore Year Ex-

See SOPHOMORE on Pg. 6

Old Mall rubble: Eye-sore or valuable material?

BY ALEXANDRA DOUGAN
Staff Writer

The rubble pile located at the site of the Old Mall in Salisbury, Md. has become a controversial and heated issue between the city and Salisbury Mall Associates LLC.

"It must go because it is a blighting influence," said Salisbury Mayor Jim Ireton.

In early 2009 when the building was originally demolished, the plan for the rubble was to be used as

gravel for the roads when they rebuilt on the site. Unfortunately, the plans were never fulfilled and it's been left unattended for many years.

After plans for the rebuilding failed, the city ordered the property owners to remove the pile. The owners appealed to the HBAA (Housing Board Adjustments and Appeals) and a hearing took place resulting in confusion regarding whether or not the rubbish pile was truly rubbish.

Six years later and the pile has not been touched for building purposes

of any kind. Eventually, the city of Salisbury improved the definition of rubbish to suggest "any item that contributes as a blighting influence." This resulted in the pile finally being included in its description.

Managers of Salisbury Mall Associates LLC Michael Dzaman and Jonathan Natelson recently fired back to The Daily Times in a letter to the editor. They argued that the "pile of rubble" is actually concrete for road-base material.

"This material is valued at almost

one half million dollars and is a clean, recyclable substance. It's claimed to be the most environmentally friendly and cost-effective way to dispose of the concrete from the old mall buildings," said Dzaman and Natelson in the letter.

In addition, they warn the city that removing this material would require thousands of truckloads to be carried out of the city, which would burn enormous amounts of fuel

See RUBBLE on Pg. 2

A Sad Day on Campus





Kevin Cunningham Photos

(Top) Phi Mu sorority sisters of Kristen Loetz attend the vigil for Loetz in Red Square. (Bottom) Salisbury University students, staff and members of the community raised candles for Kristen Loetz during the vigil.

A writer's perspective on a local tragedy

BY AMANDA BIEDERMAN
Gull Life Editor

Students strain through a crowd in the dark. Police lights blink in the distance. The world has become confused.

Standing amongst my frightened peers, I can't help but feel lost. This wasn't supposed to happen here. It's so easy to talk about the dangerous crime rate in Salisbury. So

many awful things happen every day, and it's easy to talk about how horrible it is. How sad this world can be.

But the shock doesn't really hit me until I see a mother running through the crowd, screaming in desperation.

"Not my son!" she wails. "Oh God...Oh God! It's my son!"

God...Oh God! It's my son!"

Her voice is broken, her body

seemingly moving without

conscious thought. I know I can't even imagine the extent of thiswoman's pain, but I feel a dull ache in my stomach and suddenly, reality hits.

It could have been anyone. Me. My best friends. My roommates. The girl in the crowd, who told me how surreal it seems that something this awful could happen so close to campus.

See PERSPECTIVE on Pg. 3

Shooter's twitter reveals harrowing thoughts

BY JACOB TROXELL
News Editor

Police say that on the night of Sept. 3 Ryan Justin Shallue shot exgirlfriend and Salisbury University student Kristen Renee Loetz, and fatally shot her friend, Charles Jacob Abbott, before shooting himself.

Abbott, before shooting himself.

Abbott was rushed to Peninsula Regional Medical Center in Salisbury, where he was pronounced dead, while Loetz was also taken to PRMC and then flown to the University of Maryland Shock Trauma Unit where she received treatment for multiple gunshot wounds. Loetz is in critical but stable condition.

Shallue later tweeted at (his friend, Danny) McQueeney saying, "Ready to do some big things, you will hear about it."

The Salisbury City Police Department was first on the scene at 139 Onley Road, just blocks away from campus, where they found Shallue in the bathroom of the home suffering a single self-inflicted gunshot wound to the head. He was pronounced dead on the scene in what investigators deemed a murder-suicide, according to the Wicomico County Sherriff's Department report.

The sheriff's department confirmed that Shallue, 21, and Loetz, 20, had dated long-term, since high school, but broke up four months ago. After Loetz broke up with Shallue, he began to stalk her, and drove from Queen Anne's County to Salisbury on Tuesday afternoon to see

See **SHOOTING** on Pg. 2

WHAT'S INSIDE

Football loses season opener PG. 7



Pep Band

Salisbury University's Pep Band aims to expand its campus presence and become more like a traditional marching band.

GULL LIFE, PG. 5



SHOOTING

Continued from PAGE 1

the two, Abbott, 19, attempted to in-remained close. tervene, and that is when Shallue lier and shot the two victims, according to police.

twitter page left an ominous trail of his final thoughts before the shoot-

brought out the semi-automatic conversation on twitter hours before Jim Ireton said "The senseless vio- support. handgun he bought two weeks ear- the shooting, (no longer online), in lence that has claimed two lives is SU President Dr. Janet Dudley-Es- as well during this tragedy. Before it was removed, Shallue's had always called him.

her, said Wicomico County Sherriff twitter. McQueeney moved from Eminem song "My Name Is." An we can." their hometown of Stevensville to hour later he tweeted again saying "I

big things, you will hear about it." counted ... Salisbury citizens and given the nature of her injuries, con. Shallue who had no criminal his- Moments later Shallue tweeted "I employees of the city stand ready to cerned about any sort of cognitive tory, was described by Danny Mc- just drank a fifth of vodka, dare me assist Salisbury University and the damage but I will tell you that Queeney as his "best friend" on to drive!"- the lyrics to the popular Onley Road community in any way though she was not able to talk, she SU held a candle light vigil for paper and she wrote a note to her

After an argument started between Tennessee six years ago, but the two found the cure and its name is Kristen campus the day after the mom, she said I love you." shooting where many students and Shallue and McQueeney had a In response to the tragedy, Mayor faculty members came to show their SU students that the university is

> which Shallue reacted sensitively to horrific and incomprehensible. The hbach spoke at the vigil saying an apparent nickname McQueeney families of the dead and wounded "Kristen is expected to ter is open on a walk-in basis for are in our citizen's thoughts and survive...doctors believe she may be those seeking support and guid-Shallue later tweeted at Mc- prayers. The wasted potential and able to walk in a week which is fan- ance." Queeney saying, "Ready to do some loss of life will never be fully tastic news. And we were of course,

was given a pencil and a piece of

Dudley-Eshbach also reminded here to support their other students

"The University's Counseling Cen-

Overheard: What advice would you give to the incoming freshmen?



"Wait for classes to start before you buy books, and even then don't buy every book on the

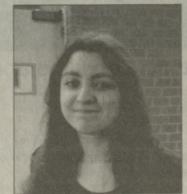
-Nick Bobay, junior



Don't come to college in a long distance relationship. They don't work." -Haylie Parks, junior



"Do not go to parties in big -Josh Dolle, sophomore



"Don't lose your gullcard or textbooks. They are not cheap to re--Crystal Morrison, sophomore



"Get rain boots and an umbrella." -Devante Hines, senior

RUBBLE

Continued from PAGE 1

along local roadways.

"The pile would eventually have to be replaced, doubling the environmental impact," said Dzaman and Natelson.

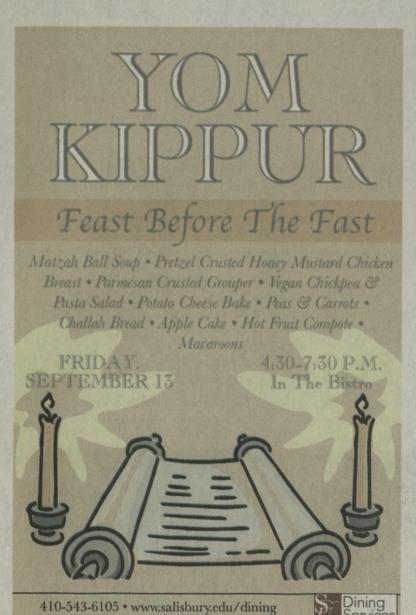
Business owners and local citizens have opinions of their own regarding the pile.

"I'd rather them just leave it," said Stefan Gabrielson, owner of the Hallmark store at the Twilley Center. "It's going to create a mess. I mean the inside of my store would be filled with dust. It doesn't bother me. I told the city the same thing."

The properties managers reside in Baltimore and had big plans for

"Site development was expected to begin in 2009. Unfortunately, the severe economic downturn that began with the financial crisis in 2008 has caused a drastic slowdown in real estate development, which is particularly evident in Salisbury," said Natelson and Dza-

Nonetheless, the community is frustrated and ready for some sort of change. A meeting was scheduled for last Monday but the developers postponed due to a scheduling conflict. The new date for the hearing is set for Sept. 16.



Margherita



Flatbread Tomato Basil mix Mozzarella Cheese Topped with Parmesan Cheese



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Drink Some Coffee In The Lounge | Bring Over A Guest | 5TUDY PARK YOUR CAR | Win Alt Cornhole Watch A Sunset From Your Balcony

Celebrate A Birthday | Play Booce Ball | Post Your Facebook Status

BQ Some Meat | RIDE YOUR BIKE

Jog The Trails | Do Laundry | Use The Dishwasher | make A Friend FALL ASLEEP ON A TANNING LEDGE | Dive In The Pool

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Editorial Policy: Letters are welcomed and encouraged. Students, please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wednesday at 5 p.m. Please email us the letters.

Rachel Thurman

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

When fighting senioritis, relaxation is key



BY AJIA ALLEN Staff Writer

Advice and student aid seems to always be focused on the incoming students at the beginning of a semester. What about those who are graduating?

Senioritis has a nasty habit of coming in and getting comfortable towards a student's last year in school. Classes begin and although the number one hope for a graduating senior is to graduate on time, the motivation to "finish up strong"

blues of having work schedules 10 tracurricular activities, school work, zero goals, yet at the same time both that is positive. The solution to the

post-undergrad schooling is usually all wrapped into one for stressedout upper classmen.

The small group of graduating hopefuls are under intense responsibility, and it only gets harder before the anticipated day arrives. That statement isn't to discourage but to The second week of classes is

now over, so December 2013 and May 2014 graduation dates are just that much closer. Motivation comes in different ways, but one way of access that is definite is affording one's self mental relaxation on recurrent occasions. Students tend to want to pursue

all of their responsibilities at once and continue in their daily regiments non-stop at full speed. But relaxation is the key!

No one ever got anywhere for too long by being a complete work-a-Seniors are already recognizing the holic with zero time to catch a breath. Likewise, no one ever got

jobs, internships and the search for demeanors are relevant and neces-

Senioritis is a battle that will only end for Salisbury University students at Seacrets in Ocean City on the celebration night of graduation. Plenty of students have graduated and gone on to be successful as proof that the battle is not an impossible one.

No one ever got anywhere for too long by being a complete work-a-holic with zero time to catch a breath.

Take the time out to first prepare schedules in an organized fashion for the semester. Recognize specific goals and a related timeline as well as mentally preparing one's self for primary accomplishment is.

stress is also the motivation to combat senioritis: force one's self to unwind and ignore responsibilities that are not pressing for at least one en-

Calming the mind and worries is rejuvenating and self-motivating. Self-motivation is a primary tactic in fighting the senioritis attacks, as is showing support to fellow graduate

hopefuls. Most already do that on the weekends, but there are some who constantly work themselves throughout the whole seven days. It's suitable to actually make that one day during the week instead. Unless that transforms students into slackers for the rest of the work week, it may be a reasonable resolution for those who

are exhausted by hump day. Seniors must keep their sights set on the goal, and even after a few setbacks or unexpected problems, stay aware of how much closer the

PERSPECTIVE

Continued from PAGE 1

Because this is our school. It's supposed to be safe. Bad things aren't sup-

posed to happen here. And as Sheriff Mike Lewis gathers the crowd to deliver a statement, he reas-

sures us that we are safe. "There is no reason to be alarmed," he says. "As you well know, this is unprecedented to happen so close to SU."

SU President Janet Dudley-Eshbach adds that she is doing everything she can, and our campus is not in danger. But I don't really hear either of them. As I try to scribble down every word they say, the numbers ring through my ears.

Three shot. Two dead, non-students. Shooter one of the dead. One wounded, a student. Female.

Across the street, I see a small enclosed circle of mourners, one girl sobbing. I don't know what to do. The street is in chaos, as everyone tries to absorb what has happened.

Our small community - not just Salisbury University, but the city itself - has been shaken. And as for myself, I feel numb. I don't know where I belong. I know I can't possibly feel the broken pain of a mother who just lost her son.

But a few hours later, the tragedy suddenly becomes sickeningly more real. I find out that the wounded female student was someone I knew freshman year. Even though we weren't particularly close, it hurts to be able to connect a face to that name. I can't escape from the news anymore - it has suddenly hit so much closer to home. We never think about these things until they actually

The reality is that this is our community. It's our duty, in this time of tragedy, to provide support to everyone in any way we can.

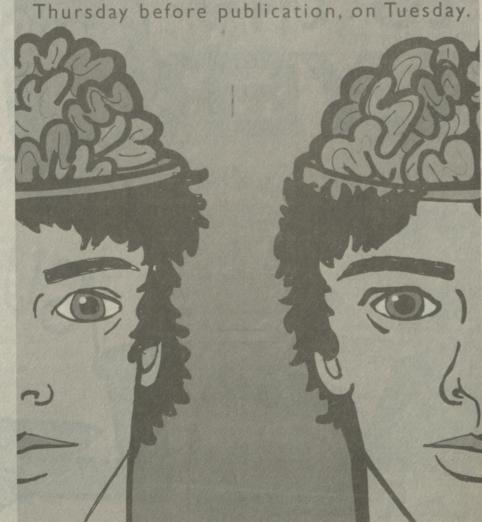
If one remotely good thing could possibly come out of these horrible events, it's that it has made me realize how much I appreciate those around me. My friends, my family, my classmates.

Anything could happen at any moment. In an instant, everything I cherish could be gone. So I hope and pray that as awful as the shooting is, our community will come out stronger and united.

LET US KNOW WHAT YOU'RE THINKING ... Send:

freelance articles freelance editorials letters to the editor story ideas

to: suflyerblog@gmail.com Include your full name and year. All articles and editorials are due the



about what happened," Day said.

Most of the information received by

officials was accessible through those

at the scene. Those on the scene were

"We knew when we arrived on the

scene that the shooter was deceased so

The emergency alert system is not

and news, said University Police Chief

The alerts were delayed to students

but were sent with the information re-

ceived three times that night, two by

Dudley-Eshbach. A candle light vigil

"Our city is more worried about all

of you than you will ever know," Ire-

for sending out regular information

Edwin Lashley. There has to be a

pressing danger to the immediate

community for the alert system to

dangerous following the incident.

lev-Eshbach said.

Student and community concerns about recent shooting

Salisbury University students are alert system set up by the university to via GullNet. warn of pressing danger.

A single shooter halted the daily ac- marked on their response to incoming informed that the issue was no longer tivities of SU's students and surround- information of the shooting. ing community Sept. 3 on Onley Road. Meanwhile the emergency alert we learned about what happened," system did not send any warning to students.

"The emergency alerts were a complete fail," said a senior who wished to remain anonymous.

The shooting abruptly took place around 6 p.m. and the first email alert dent. was sent to the campus community at

7:45 p.m. by University Police. Do tornado warnings take precedence over an immediate attack on

someone's life? Students expressed their concerns on social media.

One SU student tweeted, "We get a thousand text messages when a tornado comes but nothing with something like this? Smh."

The emergency alert system is set up ceive correct information to in a two-wave approach with the first taking ten minutes to complete, ac-

cording to the SU website. Students frequently reminded of the emergency have to sign up for the texting alerts

Salisbury government officials re-

"We were in a council meeting when said City Council President Jacob Day. there was no imminent threat," Dud-"I got the call from Chief Duncan at

Mayor Ireton discussed his conversation with SU President Dr. Janet Dudley-Eshbach regarding the inci-

"She started crying on the phone," Ireton said. "All that we have done to send a university community-wide text try and make students safe, I said to Dr. Eshbach, nothing could've stopped what happened."

A special update of the shooting was sent to SU email Tuesday evening University Police Chief Edwin Lashley at 9:55 p.m. Students were wary of the and the other as a message from Dr. timing between the alerts but may be overlooking the effort it takes for uni- took place for the deceased the folversity and government officials to re- lowing day to show support.

"We had to call reporters to learn

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PETA misses the point of Pokémon



BY STEVEN CENNAME Editorial Editor

On Sept. 3, the animal-rights group People for the Ethical Treatment of Animals tweeted, "Pokémon glamorizes violence against animals, in a similar way to dog fighting," in an effort to dissuade people from purchasing the upcoming Nintendo 3DS games, "Pokémon X and Y."

Sounds like PETA must be a bunch of stupid Digimon fans.

As a 15-year Pokémon veteran, I believe that this tweet deserves to go down in history as one of the dumbest tweets of all time, right up there with Anthony Weiner's tweet of his junk.

For those of you who have been living under a rock since 1998, Pokémon is a game, show, card game, manga series and more where creatures, some based on animals, some based on plants, some human-shaped and others based on every-day objects like a magnet and a balloon, fight in competitive battles until the other creature "faints." However, Pokémon is also much more than that, with an emphasis on trading with friends and forming bonds

with your creatures. Even though the game and TV series (but not necessarily the manga, which has a negligible American audience) show absolutely no gore and pretty much no resurrection-less death, PETA incessantly complains about it; Regardless of the fact that there are many other video games on the market that are much more vividly violent and gory than

By comparing it to dog fighting, PETA is totally missing the point of Pokémon. It only shows that PETA's members are too narrowminded to see the deeper meanings of the games and series where instead, they focus on one of the more shallow aspects of the major franchise.

In essence, Pokémon battles are more comparable to boxing or wrestling than they are to dog fighting. In contrast to dog fighting, Pokémon are never shown dying in battle. Instead, they are knocked out, similar to a boxer

being knocked out in a fight. Boxers are healed after a match and eventually get back on their feet to fight another day, similar to Pokémon after battle.

The origins of Pokémon are traced back to the childhood of the franchise's founder, Satoshi Tajiri. As a child, Tajiri was very interested in bug collecting, and would try to catch different buos collecting them in boxes.

Pokémon, especially during its early years when it was more widely popular, put more emphasis on collecting the species than on battling them. That's why its slogan was, "Gotta Catch 'em

By comparing it to dog fighting, PETA is totally missing the

point about Pokémon ... In essence, Pokémon battles are more comparable to boxing or wrestling thanthey are to dog fighting.

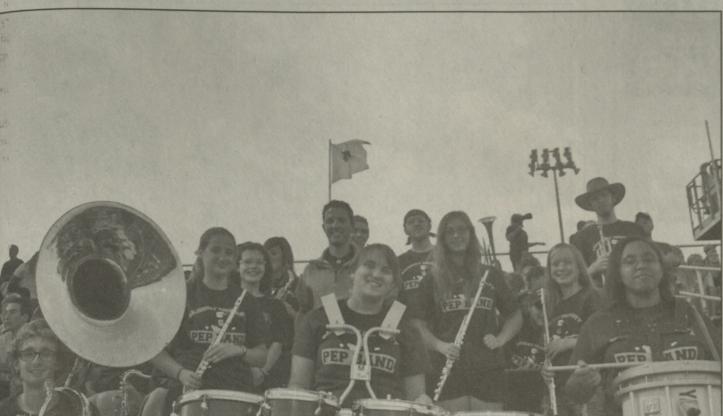
Also, Pokémon has made an effort to commercialize their cute and cuddly species, like Pikachu and Jigglypuff, at least as much as their more badass species, like Charizard. Because of this, it is clear that Pokémon strives to teach lessons of love and companionship with the species you. raise instead of simply sheer

Pokémon is much more than simply fighting creatures, at least to true fans. It is a game that is marketed to kids for a reason, and it was one of the most popular video games of my generation. Since there are so many violent video games that are easily accessible on the market, if PETA really cares about violence in video games, Pokémon is the very least

Until the organization complains about the mass killing of boars for easy experience in World of Warcraft, I will continue to laugh at all the idiotic nonsense that is spewed by PETA.

If you want to learn the true morals of Pokémon, I would suggest watching the 1999 blockbuster, "Pokémon: The First Movie," and pondering the lesson that Mewtwo learns from Ash at

Students rebuild Pep Band



Jordan Pelavin photos (Top and Bottom) Pep band members pump up the crowd at the football game against Christopher Newport University last weekend.

Volume 43, Issue

The Salisbury University football team steps onto the field, excitement is buzzing around, but something seems to be missing the marching band.

Several decades ago, SU (known then as Salisbury State College) did have a marching band, but near the latter half of the 70s the idea fizzled out.

Recognizing this need, a group of students formed the SU Pep Band a few years ago with the aspiration to one day become a fullfledged marching band.

The SU Pep Band consists of about 20 members and includes drums, bass and wind instruments. Members can borrow from the music department if they don't have their own.

The band's main focus has been on football games with the occasional basketball game, but Club President Emily Grundy said she is looking to expand the group to perform at other sporting events

Besides adding more sports to

their performance list, Grundy said members are involved in community outreach to create an organization that will truly endure. Grundy said the club has invited members of the local high schools' music departments to come join the Pep Band and perform at sporting events in an effort to include younger students and reach out to the Salisbury

SU has gained notoriety in the athletic world due to its sports teams, with a possible rise from D-3 to D-2 in the near future. The need for a marching band has once again arisen.

When the crowds are patiently waiting for SU's teams to emerge and the game to start it is the marching band, not a PA system, that will pump up the crowd during those critical, down to the last minute times that are a hallmark of sporting events. With their school's colors proudly displayed, and their music serving as both a rally cry and a warning to the opposing team, the game will be hard fought and unite the entire SU community.



How to survive Freshman year

BY ADEDOYIN JUNAID Staff Writer

With their Gull Cards on lanyards and the whole road ahead of them, it's easy to pick out Salisbury University's newest Sea Gulls from the flock.

But every upperclassman can think back to the time when they first arrived on campus, knowing no one and being unsure of how their journey would play out.

Being a freshman meant re-learning everything they had known, and even picking up new habits to ensure success. Here are some tips to ensure a happy first year of

1. Get ready for embarrassing moments: Starting college is as much about failure as it is about success.

"I remember taking a tumble down the stairs while trying to slide down the hand railings," senior Marian Akiwumi said. Sophomore Fey Adebiyi shared a similar experience.

"My most embarrassing moment was walking into a stationary car and having all my friends spill over in laughter," Adebiyi

2. Get ready to meet people from all walks of life:

Being in college will introduce you to a diverse environment, and will expand your horizon. Don't be afraid to meet new people whose perspective of life might be different from yours.

3. Face your biggest fears:

Whether your biggest fear is conquering a challenging class, being away from home or avoiding social suicide, remember that a college environment is welcoming and will help you through it.

4. Stay one step ahead:

It's important to always be prepared. "I wish I would have put more time aside to study," Mariam Shu-aib said. Be sure to come to class on time, and plan for tests and assignments well in advance. Mariam she forgot to write down the time.

5. Miscellaneous tips:

Embarrassed about the lack of privacy in the dorms? Akiwumi offers a suggestion. "Put on the shower when you're doing your business during the first few weeks if

you're embarrassed of being heard," she

PACE temporarily leaves campus

The Institute for Public Affairs and Civic Engagement goes on hiatus

BY JORDAN PELAVIN Staff Writer

The Presidential Citizen Scholar program offered by PACE was a highlight on Salisbury University's campus to many students.

PACE, the Institute for Public Affairs and Civic Engagement, offered lectures and political programing at Salisbury University for the last 15 years. However, this year PACE has not reappeared on campus, but instead will be going through a rebuilding period. Over the summer, political science professor Adam Hoffman stepped down as director of PACE.

According to Harry Basehart, a professor emeritus and founder of PACE, an interim director has been hired. However, he would not reveal the identity of who the director will be.

When asked if the interim director is a current professor at SU, Basehart answered, "yes and

However, Basehart indicated that he is confident that the program will be up and running again at least by next semester. In the meantime, the program is switching office space with the environmental studies depart-

Students have been left with very few answers as to why the program is on hiatus this semester. The website has stopped updating, and no emails to PACE affiliated accounts have been answered.

Emails from The Flyer to the PACE office and to it's program directors were not returned, but many in the campus community feel saddened at the loss of the

"I am surprised it was discontinued" said Alex Wehrenberg, a junior. "Considering the idea of the program was not only promising, but important in today's

politically heavy society."

The program aimed to help spread political awareness and activism on campus, which many in the general community feel is lacking in college aged students.

Tre Williams, a junior also expressed negative feelings about the end of the program. "It makes me a little sad that more students will not be able to

gain the same appreciation for politics and a changing society as I had," Williams said. "I think that the fact that this program is now gone shows how our campus is changing and how not all of the changes are for the better of the students. Sometimes having a bit of the old school in our campus community works better, however I am hopeful that maybe this program was discontinued because a new and better

ing ground." PACE was founded in 1999, and has been heavily involved on the campus ever since. During the last election cycle PACE registered people to vote and educated them on how to make informed voting choices on is-

program is on the edge of break-

sues and candidates. The PACE website explains that its organization is "committed to providing students with opportunities for further intellectual advancement, opportunities to become involved in their local community, sponsoring internships, procuring research projects, as well as organizing lectures and events that help students to become active

'citizen-leaders.' "I thought the program was very informative. I learned how to connect to my elected representatives to host interviews, ask for recognition under legislation, and how to show other people how to do this as well," said

Wehrenberg. Though this isn't a national election year, there are still political events happening within the state and the community. The race for the Governorship is starting to take off, as well as for

other offices around the area. In elections that aren't national, PACE is able to share information that isn't easy to see in the Though many agreed that the

program was an asset to campus,

not everyone knew that it ex-"I think that it may have been discontinued because not enough people knew about it and it wasn't a popular as it

should have been," said Williams.

"Although politics do take up most of today's conversation, not many college-age citizens are interested in politics," said Wehrenberg. "So the overall apathetic attitude towards politics is probably why it was discontin-

PACE programs informed, and also allowed students to express their opinions.

Because of our events more and more students could know that they had a voice and that their voices were heard," said

SOPHOMORE

Continued from PAGE 1

Experience is here via a newsletter. The newsletter includes information on studying abroad, liberal arts education, deciding a major, avoiding the "sophomore slump" and how to connect with others on campus.

> "Sophomore Year Experience is all about comprehensively developing a program for our sophomores .. We put a lot of work and time in trying to develop and foster these programs for our sophomore students."

> > - Dr. Dockins-Mills.

Another topic the mailing included was "Your Sophomore 10." The "10" is a list of ten things that sophomores should do throughout their second year at Salisbury University.

Dr. Dockins-Mills referred to it as "a sophomore bucket list" and encourages students to complete the sophomore 10 before the end of the academic year. The list includes choosing an SU athletic team to follow, visiting the career office and plan to do an internship, joining a student organization and several more objec-

The mailing also includes a schedule of events for something the SYE has declared "Sophomore Septem-

Throughout the month of September, the SYE will organize and put on several fairs and events for all sopho-

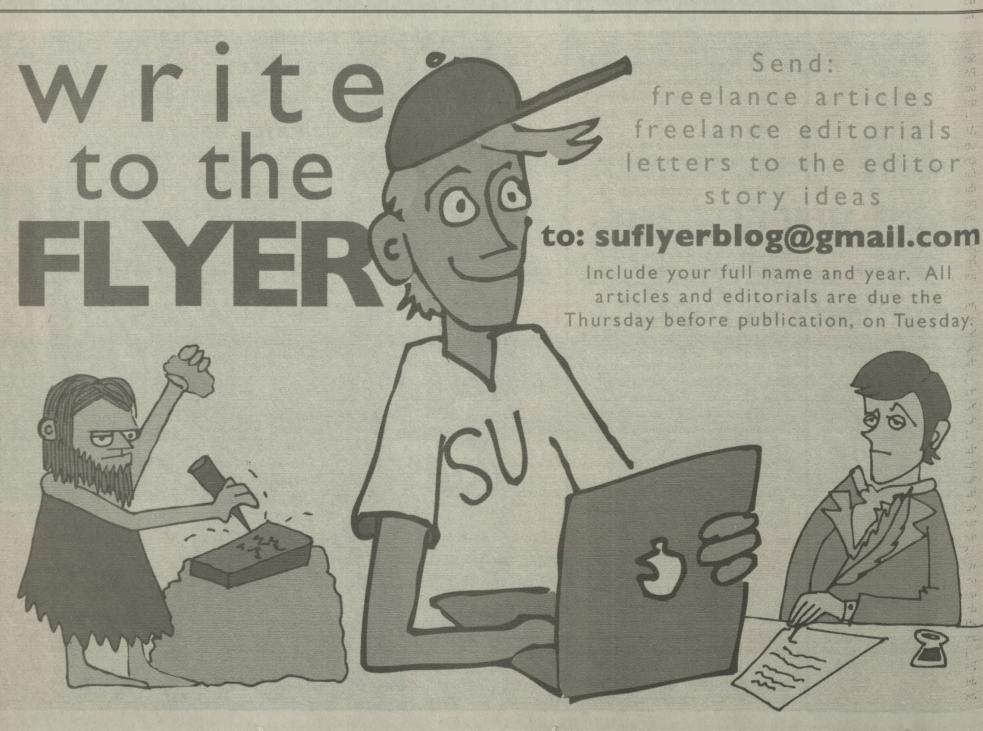
On Sept. 20, the SYE is pushing sophomores to go to and attend "Third Friday" in downtown Salisbury where students can enjoy free art and entertainment in the downtown area.

Dockins-Mills explained that "Sophomore September" is just the kick-off of SYE and events will not be limited to just this month; she encourages all sophomores to check out salisbury.edu/sye frequently for updates and notice of events.

Dockins-Mills "absolutely" expects numbers for GPA, retention rate, levels of satisfaction, academic quality, and graduation rates to rise from the newly formed SYE and in years to come says that, "eventually what we're going to be moving to is a junior year experience and a senior capstone experience."

SYE is here to stay, and they are here to help SU sophomores achieve academically, get the most out of their sophomore year of college, achieve high levels of satisfaction and most importantly, graduate from Salisbury University.

"Sophomore Year Experience is all about comprehensively developing a program for our sophomores," said Dr. Dockins-Mills. "We put a lot of work and time in trying to develop and foster these programs for our sophomore students."



Volume 43, Issue 2

Food For The Broke

BY AMANDA BIEDERMAN Gull Life Editor

Cooking in college doesn't have to be difficult, costly or time-consuming

It also doesn't have to be limited to boxed mac 'n cheese and Ramen noodles.

These recipes, which call for five ingredients or less and should take less than 10 minutes of prep time, are perfect for a Saturday morning brunch or a late-night snack.

Omelet in a cup

Serving Size: 1 Prep Time: 5 minutes Cook Time: 15 minutes

This play on a classic is "egg-stremely" simple to make. Because you cook it in a muffin pan, it's a great option if you're cooking for a group of friends.

Supplies: 1 egg, 1 tbsp spinach (I use the frozen kind), 1 tbsp mozzarella cheese, salt/pepper

Set up a muffin pan with cupcake tins. Preheat oven to 375 degrees. (Tip: Use silicon cups to prevent the egg from

Crack egg and empty contents into tin. Add spinach. (Alternates: Scramble the egg first. Or for a healthier option, only use the egg whites.)

Bake for 15-20 minutes in oven. When complete, take out and sprinkle cheese on top. Add pepper, salt or other



Egg-stuffed potato

Serving Size: 1 Calories: 330 Prep Time: 10 minutes

Cook Time: 1 hour

This meal is like eggs, bacon and hash browns, but looks much fancier. The cook time is a bit longer, but the results are well worth it.

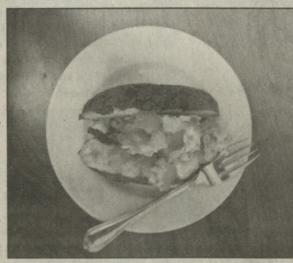
Supplies: 1 egg, 1 potato, 1/8 cup cheddar cheese, 2 tbsp bacon bits, 1 tbsp sour cream

Directions:

Bake potato in oven on pan at 400 degrees for 1 hour.

After 45 minutes, start making scrambled eggs. When eggs are cooked, take out potato. Carefully slice open, and scoop out part of potato. Fill with eggs. Add cheese and bacon bits.

Cook in oven for 5 more minutes. Take out, and add sour cream. (Alternate: Use Greek yogurt instead)



What's your favorite way to make eggs? Tweet us using the hashtag #Salisburyrecipes or share them on our Facebook page: https://www.facebook.com/suflyer?fref=ts.

CAMPUSCHIC

How to wear white after Labor Day



White is versatile color that can be worn at any time of the year. Mixing cream, gold and white creates a warmer season-ap-

BY KARA KINNAMON Fashion Columnist

Don't you know you're not supposed to wear white after Labor Day?

Says who? Your grandma?

This rule has worn out its welcome. Fall and winter whites are decadent, adding light to your face and a crisp appeal to your appearance. However, it has to be done

A few rules to remember when incorporating white into your chilly wardrobe include keeping it clean and sophisticated. White should be used to offset or accent your look instead of allowing it to get messy.

One item to stay away from when using white in the colder months is shoes. Instead of white shoes you should go for variations of nude and neutral tones in the fall and winter.

Otherwise, go for it! Wear all the whites you want. The issue lies more in your fabric choice than color. Linen and sheer fabrics should be avoided in the fall and winter besides that early transition

period. So if a top is white and rather thin, pack it away with your shorts. But heavier materials in white are absolutely a must.

Some white apparel must-haves include white jeans, sweaters and dresses. White sweaters are perfect in the fall and winter, because wearing white as a top adds light to your face and can pull you out of the day-to-day gray and black fall leggings slum. You all know what I'm talking about!

Ever heard of a "little white

dress"? Probably not, but it exists. The phenomenon behind a white fall or winter dress is that it's so unexpected but totally appropriate, that is, as long as you have chosen the right fabric. A brocade white dress and faux fur coat for an evening event gets you noticed first and makes you stand out among

My absolute favorite white item is white jeans. They look great with so many things and are the perfect transition piece, guaranteeing your purchase longevity. White jeans with a chunky sweater or chambray top are really popular looks right now and can be personalized in

For post-Labor Day white outfit inspiration, follow my Pinterest

http://pinterest.com/ca mpuschic. I have a board for each column.

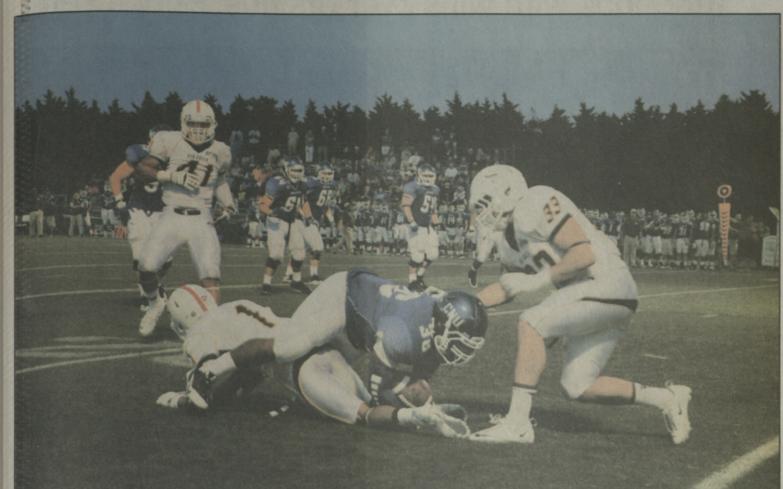
many ways.

When accessorizing white outfits anything works, because it's like a blank canvas. But my favorite accent is gold. It's a very achievable sort of "Michael Kors" look. This can be done through jewelry, tops, scarves and the list goes on.

Also, use your fall whites to show off your leftover golden tan. Early summer usually guarantees a leftover glow from summer; adding a white contrast is the perfect way to enhance your tan.

And if you're nervous about breaking the rules, ease into it with some white jewelry or a scarf. Also, stick with creams and ivory instead of stark white.





Football comes up short in opening game

BY DAVID CABRERA Staff Writer

In a back and forth contest of momentum-shifting plays, the 16th ranked Salisbury University do for my team." football team failed to stop one of them in the final seconds, losing to Empire 8 foe Christopher Newport University Saturday night by a score of 17-10. With a team that had high ex- tains ran the ball down the pectations coming into the season, Saturday's loss was,

according to head coach Sherman Wood, a "wake-up call." "All the credit goes to [Christopher Newport]," Wood said. "It had looked like they had prepared two or three weeks in

advance for this game."

Junior quarterback Joey Jones completed five of six passes for lead. 100 yards and had a rushing touchdown. Senior wide receiver Michael Copenhaver had three catches for 92 yards, while sophomore strong safety Michael Landry led the Gulls defense

with 9 tackles. On the Sea Gulls first possession of the game, there was no

stopping Jones. On the fourth play of the drive, Jones rolled out of the pocket towards the right sideline and flung it to Copenhaver, who made a nice adjustment on the ball for a 30 yard gain.

The last 5 plays on the drive were all runs by Jones, with the fifth play ending with him plunging in the end zone to give the Gulls an early 7-0 advantage.

"We were just fired up early on," Jones said. "After that we just struggled to get assignments [right on offense]." Jones and the offense strug-

two drives ending with a missed field goal and a punt. After Jones' third drive, he was replaced by sophomore quarter-

back John Dunbar who didn't fare much better. Dunbar's first and only three drives of the game ended in

Jones came back in for the rest line. of the second half. While the offense was strug-

gling to regain its momentum, the Gulls defense played well in made. the first half.

The Newport offense did not cross midfield once during the half. They had only 59 yards of total offense and held the ball for seven fewer minutes than

Landry was all over the field

for the Gulls defense, compiling five tackles in the first 30 min-"I come ready to play," Landry

said. "I do whatever I [have] to The second half, especially the third quarter, was a different

story for Salisbury. The Gulls offense only had one possession, while the Cap-Gulls' throats, accumulating 86 yards rushing in the quarter. De-

Captains could only manage a field goal to cut the deficit to four points. At the start of the fourth quarter, the Captains finally found the end zone on a 28 yard

touchdown pass to take a 10-7

spite their offensive success, the

Looking to bring back some momentum for his team, sophomore slot Matt Modica returned the ensuing kickoff 50 yards to give the Gulls some good field position at the Christopher

Newport 49. After moving the ball effectively down the field their first five plays of the drive, which was aided by a clutch third down completion by Jones to Copenhaver, the drive stalled.

The Captains' defense stopped Salisbury three times in the red zone, forcing out sophomore kicker Jack Molloy to boot it through the uprights to tie the

"[The Captains' defense] made all the adjustments when necessary," Wood said.

Each team then proceeded to exchange punts on their next

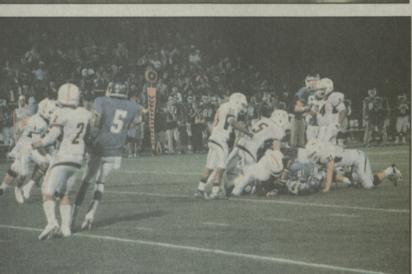
With 5:32 left in the game, the

gled to find a rhythm in the next Captains got the ball back and ran down the clock. With 15 seconds left and the Gulls needing a stop, someone failed to cover the running back and he walked into the end zone to give the Captains the winning points. The Gulls had a chance at the end, but Jones' last second heave was batted down near the goal

> With the first game in the books, Landry already knows what improvements need to be

"We just need to come together and work as a team," Landry said. "Have everybody on the same page."

The Sea Gulls' next home game is the Homecoming Game on October 12 against Buffalo







Photos by Terrance Payne and Jenna Brown (Top) Sr defensive back Calvin Ford holds a Christopher Newport player at the 17 yard

(Second Down) SU defense scrambles for the ball. (Third Down) Defensive lineman Tommy Hawks joins the Gulls at halftime. (Bottom) Sea Gull cheerleaders bring spirits up in the first quarter.

Nutrition for the Athlete

Field hockey forward Emily Voshell: Time management and supportive coaches are the keys to proper nutrition

BY AMY MCFARLAND Staff Writer

Between studying, practicing and prepping for game days, student-athletes at Salisbury have a lot on their hands already without having to worry about a healthy diet.

For student-athletes such as Emily Voshell, time management and a supportive coach and team can help keep any unhealthy eating habits in check. The senior forward from Viola, Del. has stepped up to lead the No. 5 ranked Salisbury University field hockey team through the 2103 season.

Contributing two goals and numerous shots-on-goals in the 2013 season, Voshell attributes some of her success to a healthy diet. Voshell said that she is not alone in her concern for good nutrition.

"Even with the whole hockey team, we're pretty aware of the fact that what we eat is going to affect how we're playing and how much endurance we'll have during a game," Voshell said. "We'll still have cookies and pizza and all of that, but we make sure that we're not indulging too much in fatty foods."

Voshell starts her day off light with a bagel or cereal to get some carbohydrates in the morning with orange juice. Lunch is usually a wrap from Gull's Nest or a small snack due to a busy class schedule and practice in the afternoon. Dinner is Voshell's biggest meal, as

she must build up and refuel after a long calorie-burning practice. The team will often head to Commons after practice and eat as much as they can to replenish their energy

On game days, Voshell said she stays charged with the help of Salisbury University Field Hockey Head Coach Dawn Chamberlin, who

keeps powerbars on hand for hungry players to dig into before games. "As athletes we've got to fuel the body better than a person who's not an athlete because we're constantly

demanding that energy flow," Chamberlin said. "If a player doesn't eat healthy, they can never restore their energy supply and they just won't have the energy level that they need to continue playing at a high level." Chamberlin said she constantly re-

practice to over-hydrate, especially recently due to the hot and humid weather in Salisbury. "It's critical that they rehydrate themselves," Chamberlin said. "We remind them every day to get good meals in them with lots of carbs, but

minds her players during and after

they can't ignore protein either because that helps with building mus-Contrary to what some students may think, Chamberlin added that

now is not the time for players to diet because they need to constantly replace calories as they burn energy. "We tell them to remember how mom cooked for them at home, and

to stay away from fried foods and heavy sugar foods," Chamberlin said. "We want them to focus on pastas and bread and fruits and veggies." Chamberlin said Voshell does a good job of selecting healthy foods

and keeps a water bottle with her to constantly rehydrate. "I'm not a big Gatorade person, so I mainly just stick to water," Voshell said. "On game days I try to have at

least a gallon with me." Chamberlin and Voshell agreed it is important for even the average student to maintain good nutrition

while at school. "Salisbury has a good reputation of how healthy their sports teams

are and how well they do, and I think that's a great reflection of how well we take care of ourselves," Voshell said. "Starting good habits now is going to help later on."

Volleyball looks toward another strong season

BY ASHLEY MARTIN Staff Writer

As the Salisbury University's women's volleyball team gears up for a new season, the two-time defending CAC Champions not only start with a new head coach and new faces, but the Gulls have shown their old touch and opened with an 8-0 start to the

Changes such as a new coach and graduated seniors have not affected the success of SU's volleyball team so far as the team began the season defeating teams in the Battlefield Classic and Buttermaker Tournament.

New head coach Justin Turco said the team's goals this season are to work hard, compete for every point in every match and to have fun.

"Strategies change match to match but our main focus is to compete with 100 percent focus and effort regardless of our line-up and regardless of who's on the other side of the net," Turco said.

Turco expressed that his experience so far as volleyball's head coach has been a positive one. He said the university and athletic department have been supportive in his transition. He describes his new team as a "hard working and competitive group."

"We all share a common goal and everyone is doing their part to put us in a good position to attain it," Turco said.

The team dominated as they went undefeated in the Battlefield Classic and became champions in the Buttermaker Tournament. This is the best start in history of the team as they start the season, 8-0.

In the Battlefield Classic held Labor Day weekend, the Gulls played against Rutgers University-Camden and Gettysburg College. Juniors Julie Poston and Nikki Binetti shined with 17 combined kills in the win against Rutgers University-Camden.

Freshman Katie Stouffer had 12 kills against Gettysburg, as teammates Jess Tallant and Tam Weems stood out in their defensive plays. Both games ended in a 3-0 victory for

the Seagulls. SU met with Rutgers again for the Buttermaker Tournament on Friday, and defeated the team 3-0. Junior defensive specialist Michelle Meehan led with 21 digs, and sophomore setter Kacey Franz had 26 assists and

The same day, they played against DeSales University. It was the first game of the season to go to four matches, but SU still came out on top 3-1.

With little time to rest up, the team moved on to the next round of the tournament on Saturday Sept. 4. Despite the hectic schedule, the seagulls defeated both Muhlenberg College and Gallaudet University 3-0, and were named tournament champions before the end of the weekend.

Juniors Michelle Meehan and Nikki Binetti were named to the All-Tournament team.

Thinking About

The Gulls are scheduled to play at John Hopkins on Tuesday at 7 p.m.

Women's soccer loses to Richard Stockton; rebounds with wins over Ursinus, Bridgewater



BY MITCHELL NORTHAM Staff Writer

Coming into Wednesday's game versus Richard Stockton College, the Salisbury University women's soccer team was 1-0-1 and looking to put another tally in the win column. Richard Stockton, who had a 1-4-2 record against the Gulls in Salisbury, was looking for their first win of the season.

The game would come down to the wire, and looked to end in a tie until Stockton freshman midfielder Adrianna Boucher received a smooth pass from freshman forward Alexa Fama and found the back of the net in the 109th minute of play; thus giving Stockton a 1-0 victory.

First year Salisbury University women's soccer Head Coach Kwame Lloyd wasn't upset with the loss. Lloyd explained that his young team has to make fewer mistakes.

"What we showed today was a lack of experience," Lloyd said. "It wasn't a lack of effort; it wasn't a lack of talent, just a lack of

With 24 freshman and sophomores combined on the roster this women's soccer team has a lot of one thing: youth. With youth sometimes comes the lack of experience that Lloyd spoke of, but he isn't about to give up on this young team.

"Our goal is to be better tomorrow than we were today," Lloyd said. "We never walk off the field defeated, we walk off the field determined."

The Gulls had some missed opportunities with 15 shots-on-goal and none of them finding the back of the net, but Lloyd brought that up as another trait of being inexperienced.

"I think that just comes with being a young team," Lloyd said.

As one of the veteran starters on the squad, junior goalkeeper Michelle Conrad played well despite allowing Stockton's goal late in the game. Conrad saved four of the five shots-on-goal from the Ospreys.

Conrad felt that she and her teammates should treat this as a learning experience.

"We're definitely young, but we're definitely talented," Conrad said. "Inexperience is definitely something that comes into play, but with each game we become more experienced, today was a learning curve, now we know what it's like to have a loss after over-

Conrad promised that the results for Friday would be different.

"We take the loss and we learn from it to come back and play on Friday," Conrad said. Lloyd had one question for Friday's game against Ursinus.

"We don't want to take it into overtime. Can we win it in the regulation?" Lloyd said. The Lady Gulls would answer on Friday with a 3-0 shut-out win over Ursinus for a victory in the first leg of the Salisbury University Classic.

The Sea Gulls got rolling early as sophomore forward Victoria Luc scored in the 23rd minute. That was soon followed by a strike from freshman forward Lindsey Andonian in the 33rd minute after a cross into the box from freshman forward Marissa Walker.

It was capped off by freshman forward Megen Jackson who put the ball into the upper left corner of the net past Ursinus's keeper for the third and final SU goal.

Salisbury's goal keeper Michelle Conrad also had two saves in the game in an effort to hold things down on the defensive end and thus earning her first shut out of the

The Gulls won the game in regulation and also helped Lloyd get his first home win ashead coach of the women's soccer team.

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Photos by Redmond Howard

(Top) Sophomore defender Tabitha Brown chases down a Stockton forward.

(Bottom) Sophomore forward Logan O'Meara blocks a Stockton player to make room for teammate Lindsey Andonian.

UPDATE: The Gulls won a second shut-out in the Salisbury University Classic against Bridgewater College on Sunday, moving their record to 3-2.

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